THE RECOVERY KERNEL

Substance-specific navigation series.

HOW TO RECOVER FRUM ALKOHOL

[Information about alcohol recovery]

* If you dey struggle wit alkohol, remember say you no dey alone. Seek help if you need am. Medical help na not failure.

[Steps for recovering from alcohol]

1. Acknowledge di problem: Recognize say you get problem wit alkohol.
2. Seek professional help: Talk to doctor or therapist wey sabi about

addiction. Dem fit give you advice and support.

3. Join a support group: Groups like Alcoholics Anonymous (AA) go provide safe space for you share your experience and learn from others.

4. Develop a plan: Work wit your doctor or therapist to create a plan for recovery. Dis plan go include goals, strategies, and resources wey go help you stay on track.

5. Build a support system: Surround yourself wit people wey dey support your recovery. Dis fit include friends, family members, or other people wey don overcome alkohol addiction.

6. Take care of yourself: Eat healthy, exercise regularly, and get enough sleep. Dis go help you

manage stress and improve your overall well-being.

7. Avoid triggers: Identify di things wey dey make you want to drink and try to avoid dem. Dis fit include certain places, people, or situations.

8. Be patient: Recovery na process wey take time. Don't get discouraged if you slip up sometimes. Just learn from your mistakes and keep moving forward.

[Additional resources]

* **findahelpline.com**
* **Naloxone**
* **COMT**
* **DRD2**
* **MTHFR**

* Recovery Kernel * Blueprint

Using di Recovery Kernel Framework

Alcohol Use Disorder. Heavy drinking. Beer/Wine/Spirits. Alcohol-medication dependence.

⚠ DIS NA RESOURCE FOR HARM REDUCTION – NO BE MEDICAL ADVICE | Crisis: kpol Emergency: Emergency: 112 abi send message to Nigeria Suicide Prevention: 08062106493.

ALKOHOL WITHDRAWAL fit kil. Read section 3 first.

One note bifor you start.

Dis guide dey start wit sometin wey no oda Recovery Kernel navigation guide don ever start wit: na wan medical warning wey you MUST read bifor anytin else.

Alcohol withdrawal fit kil you. No be just talk. Na real tins dey happen. E fit cause seizures, problem with heart, and one condition wey dem call "delirium tremens" wey fit kil up to 15% of people if dem no get medical help. Dis no dey happen for cannabis withdrawal, stimulant withdrawal, or even most opioid withdrawals. Na only alcohol — and benzodiazepines, wey work the same way — go cause dis kain tins.

If you dey drink plenty alcohol everyday, and e be like say na alcohol dey make you fit function, or you dey drink for morning, or you dey feel shakara or vomit when you no drink alcohol for many hours, you must not stop drinking suddenly without medical help. Di Recovery Kernel framework wey dey inside dis guide apply to your recovery. But di first step no be to take plenty drugs. E be say make you call doctor, urgent care clinic, or place wey dey treat people wey wan stop drinking.

For people wey dey drink small or plenty, but no dey depend on am physically – dem dey drink say e bad, but no dey drink to avoid body withdrawal – di information below go fit dem well-well. Dis difference na important, and doctors sabi am. If you no sure which category you dey, assume say you need to take care of yourself pass, and find medical help.

⚠ IF you dey depend on alcohol physically, stop and read dis now.

- You dey drink sometin for morning so say you no go dey shiver?
- You dey sweat, heart beat fast, or feel like say you wan vomit if you no drink alcohol for many hours?

- Don you ever get seizure or see things wey no dey real, wen you stop drink alcohol or reduce am?
- You don dey drink plenty and everyday for weeks, monts, or yias?

If you answer "yes" to any of di tins above: no stop drink suddenly. Call your doctor, go to urgent care, or contact one place wey dey specialize for alcohol detox before you reduce or stop. Dis na advice, e be medical matter. Alcohol detox with benzodiazepine tapering under medical supervision na standard treatment. E dey save lives. Pls use am.

Wen you don dey okay medically – whether na through supervised detoxification, or because you don confam say you no dey for di category wey dey involve physical addiction – di full Recovery Kernel framework wey dey below don design specifically for your body and your own way of recovering.

Section 1 — Wetin Alkohol Do To Your Brain.

THE CENTURION – Di toksin wey don get di most approval from people for all of human history.

Alcohol na one tin wey dey different from otas tins wey people dey abuse. E no dey work through only one kain system for body. E affect nearly every major part wey send messages for brain at di same time — dat na why alcohol withdrawal syndrome complex pass and dangerous pass than almost any oda substance, and why recovery need comprehensive biological approach.

Understand say alcohol no be just bad behavior, but wetin e do to your body – and dis na important for everyting wey go follow.

Di five systems wey alcohol don disrupt.

System	Wat alcohol do.	Wat withdrawal and recovery dey look like.
GABA (di brek).	GABA-A risiptors wey don get betta — e dey amplify di brain's main system wey dey stop tins. Alkohol na strong ting wey dey make GABA-A work well. Di calm, di reduction for anxiety, di ease for socializing, di sleep — all dis na because of GABA.	Wetin dey happen na im be say, if person dey take alcohol for long time, GABA receptors go reduce demself to try balance di tin. When alcohol don finish, di "brake" system don disappear, but di "accelerator" still dey work anyhow. Dis one fit cause: risk of seizure, shakings, serious anxiety, and inability to sleep well. Dis na medical emergency wey be alcohol withdrawal.
Glutamate (di tori wey dey speed up tins).	NMDA glutamate receptors wey don dey block – dis go reduce di kain signal wey dey make brain active. Na opposite of wetin stimulants do. Alcohol dey calm down di part of brain wey dey make am work.	Chronic alcohol use dey cause di body to produce more glutamate receptors – na how di brain dey try compensate for di effect wey alcohol dey have. If you stop taking alcohol: GABA go reduce, and glutamate go increase. Di brain go dey work with too much energy, which fit cause seizures. Dis imbalance na serious matter.
Dopamin (di tin wey dey give you joy).	Alcohol don increase dopamin wey dey for nucleus accumbens—di part wey be di "reward center". Dis na because of how e affect GABA and glutamate, but na im make alcohol feel good, no just make person feel	Dopamin system dey go down for similar way like stimulatants, but e do am slow-slow. Anhedonia, lack of motivation, and depression wey person dey experience when dem dey recover from alcohol addiction na because dopamin system don finish, plus say GABA level don low. Na only calm system wey no dey work, but the

	calm.	pleasure system too dey offline.
Serotonin.	Dis tin dey increase serotonin wey dey inside body, and dis fit help make pesin feel beta small when e take am for a while. But if person dey use am too much for long time, e go spoil di way serotonin dey work for di body.	Serotonin wey dey lack for body when person dey recover fit kause depression, anxiety, bad temper, and sleep problem. 5-HTP, 5-MTHF, and food wey get plenty tryptophan na important things to help rebuild di serotonin system. Somtime dem fit mistake am as real depression, but e be say na because of di lack wey dey happen when person dey recover.
Opioyd sistem.	Dis dey triigger di body to releashe opiods wey dey inside, like beta-endorphins. Dis one go kontribute to wetin make people feel close to each oda, reduce pain, and give dat happy feeling wey dey for alcohol, especially for pipul wey get OPRM1 A118G.	Depletion of natural opioids during recovery fit cause emotional pain, di diffikult to connect wit people, and a special kind of longing wey dey often be mis-understand as desire for alcohol. But na actually craving for di feeling wey alcohol give—di endorphin state. Di OPRM1 genotype determine how person go respond to Naloxone.

Di Acetaldehyde Problem – E dey only for alcohol.

THE CENTURION – Di Tings Wey Dey Poin Your Liver Don Try Kliya.

Alcohol dey break down for liver through two steps: first, e turn to acetaldehyde (by di enzyme ADH1B), den e turn to acetate (by di enzyme ALDH2). Acetaldehyde na poison direct — e damage DNA, protein, and cell membranes, and na im cause di flushing, nausea, and quick heartbeat wey dey happen when you get hangover.

Dis pathway dey change for different people, and dis fit affect how alcohol take affect dem and di risks wey dey involved.

Genetik variation.	Di biology.	Wat dis mean for yor recovery.
ADH1B fas variant (rs1229984).	Alcohol dey konvert to acetaldehyde quick-quick – di toksik intermediate dis accumulate fast pass as ALDH2 fit klia am.	ADH1B wey dey work fast plus ALDH2 wey dey work slow go kaze yu get bad hangover, but e fit still protect yu from drink too much alcohol. ADH1B wey dey work fast plus ALDH2 wey dey work fast mean say body dey process alcohol well-well, but na im go make yu drink pass. Know wetin your body do.
ALDH2*2	Reduce ot eliminate di enzime	Homozygous ALDH2*2 make

variant (rs671) – di gene wey cause "Asian flush".	wey dey klia acetaldehyde. * Heterozygous (*1/*2): Abaut 50% aktiviti, e go cause flushin. * Homozygous (*2/*2): Almost no aktiviti, e go cause serious problem.	drinking alcohol very bad for di body – di body go accumulate acetaldehyde to level wey dey poisonous wit every drink. Dis gene dey protect against alcohol problem, but e no fit stop am completely; some people still dey drink even as dem feel pain serious, and dem still develop alcohol problem, plus damage to dia organs don enta.
ALDH2*1/*1 (normal gene).	Ful acetaldehyde kliarens kapasiti – dis na di mos common version wey dey for pipul wey kom from Europe.	No fisioloji bariar wey dey prevent body from processing alcohol for dis pathway. Oda genetic problem (GABRA2, OPRM1, COMT) go determine how much risk person get for addiction. Liver damage still fit happen if you dey drink too much and consistently, even if your ALDH2 dey work well-well. How much you dey drink na im go determine wetin go affect your liver.

Wat Chronic Alcohol Don Do To Your Body – Beyond di Brain.

THE CENTURION — Di entia system don involve.

Alcohol na more dan just one drug wey affect di brain. Many years of taking alcohol too much fit cause problem for di whole body, and dis need to be taken care of during recovery, alongside how to fix di brain.

- Liver: Di progression wey dey happen wit heavy drinking na dis: fatty liver → alcoholic hepatitis → cirrhosis. Even if no get cirrhosis, di liver still go dey work bad, and e go affect how every supplement and medicine for dis guide go work. Dem need to check your liver function (LFT) when you start recovery.
- Thiamine (B1) dey lack: Alcohol fit block di way wey thiamine enter body. If thiamine lack too much, e go cause Wernicke's encephalopathy – dis na one neurological problem wey serious. E dey involve confusion, eye no dey move well, and body no dey balanced. If you don drink plenty alcohol and you get any of dis symptoms, go hospital quick-quick. Dem go give you plenty thiamine (B1) as treatment. Dis no be just ordinary supplement; na medical emergency.
- Magnesium dey lack: Alkohol fit increase di amount of magnesium wey dey komot for urin pass. Lack of magnesium go make anxiety, sleep problem, risk of heart rytm problem, and how easy person fit get seizure worse – all dis don dey bad already when somebody dey stop taking alkohol. To add

magnesium back na di most important ting to do when somebody dey recover from alkohol addiction.

- Gut and microbiome damage: Alcohol dey destroy di lining of di intestine, disrupt di microbiome, and cause "leaky gut" wey cause inflammation for all over di body, affect mood, and make person crave for more. Di connection between di gut and brain (Protocol 09 and Centurian Paper 18 for di main book) na important area to fix.
- Heavy drinkin wey dey last long fit cause problem for heart, like cardiomyopathy, arrhythmia (especially atrial fibrillation), and high blood pressure. Na important say dem check person heart when dem dey do medical examination for people wey dey recover.
- Immune system dey weak: Drink alcohol for long time fit make your immune system work bad. Many pipol wey dey try stop drink alcohol don already lose power for dia immune system. Eating good food and get enough sleep na di two main ways to fix your immune system.

Section 2 — Your Genomic Blueprint.

Alcohol use disorder get one of di highest rate wey genetics dey influence for any medical condition — approximately 50–60%. Dis no be your fate. Na biology, and e fit be understand, work with am, and find solution. Di Recovery Kernel's genomic framework show wetin exactly happen inside body wey make alcohol seem necessary, and which part of di body need urgent help for recovery.

DNA test panel wey dey use check how body dey process alcohol.

Gene	Wat e dey kontrol.	Key variant	Alcohol recovery relevance.
GABRA2	GABA-A risipta alfa-2 subunit — inhibitori tono baseline.	rs279858 / rs279845 high-risk haplotype.	Di mos important gene wey dey relate to alcohol for di Recovery Kernel framework. High-risk variants go reduce di normal function of GABA, wey be like di brain's brake system – e dey work with low power all di time. Alcohol fit activate dis weak system strong-strong, and dat one go give person relief wey dey very special for people wey get dis genotype. For recovery, na important say dem build other ways to support GABA – like magnesium, things wey help GABA function well, and ways to reduce stress – as di first thing to do.
OPRM1	Mu-opioid risipta— endorphin rispons and sosyal bondin rewɔd.	A118G (rs1799971)	A118G carriers dey experience say dopamine release don increase for nucleus accumbens when dem take alcohol — dis na strong reward signal pass A/A genotype. Dis na biggest tin wey fit predict how well naltrexone go work for people wey get problem with alcohol. If you get A118G, Naltrexone likely go work betta for you pass as e dey work for average person. Tell your doctor about dis.
COMT	Dopamin wey dey body, plus di chemicals wey cause stress, how fast dem clear from system.	Val158Met (rs4680)	Slow COMT (Met/Met, Sage constitution) dey plenty for people wey get problem with alcohol — di brain wey dey always worry and no fit calm down go find say alcohol na im go give am di best way to relax. So, managing anxiety na important

			thing for dis kind person wey wan recover. Fast COMT (Warrior) too dey – some people just dey drink small-small because dem want feel good from di effect of alcohol on their brain.
ALDH2	Aldehyde dehydrogenase 2 - di aldehyde wey dey klia out body.	rs671 (*1/*1, *1/*2, *2/*2)	Important to understand di risk level and how much damage don happen to body. People wey get *2/*2 copies of [LOCKED TERMS] gene, and still dey drink even when dem feel bad pass, go get serious organ damage because of acetaldehyde. Standard ways to recover must take dis into account. Dem need to do test for liver function. Taking N-acetyl cysteine and supplements wey help di liver na very important now.
ADH1B	Alcohol dehydrogenase - e don convert alcohol to acetaldehyde.	rs1229984 (fasta version versus slawa version).	Fast ADH1B (His48 allele) dey produce acetaldehyde quick-quick, wey fit deter person small, but e go alsò make person body get toxic effect fast if dem continue drink. Slow ADH1B allow person drink more alcohol before acetaldehyde start gather — dis one dey connect wit higher risk of Alcohol Use Disorder for some people.
MTHFR	Methylation – di foundation wey all neurotransmitter dey build upon.	C677T (rs1801133), A1298C (rs1801131)	Alcohol dey drain folate from di body and e don disrupt methylation process. For people wey get MTHFR variant, dis one go make di problem worse — and cause serious problem with how neurotransmitter dey form. Taking 5-MTHF and methylcobalamin na very important, and often dey help person recover quickly for this kind situation.
DRD2 / ANKK1	Dopamin D2 risipta densiti.	Taq1A (rs1800497)	A1 allele (wey reduce di numba of D2 receptors) dey link wit alcohol use disorder through di Reward Deficiency Syndrome pathway. Alcohol go give dopaminergic relief to brain wey no get enough reward. For person wey dey try recover, e important say dem find many ways to get dopamine — if not, e fit be hard for am to feel happy with sobriety unless dem plan how to make am enjoyable.
SLC6A4 / 5-	Serotonin	Short/short	Short people wey dey worry easily

HTTLPR	transporter ekspreshon.	allele	get high level of anxiety and risk say dem go develop alcohol problem – especially if dem dey drink because of anxiety. We fit use serotonin reconstruction, wit things like 5-HTP, 5-MTHF, and food wey get plenty tryptophan, to tackle di biological problem directly. SSRIs fit be good, but depend on how serious di matter be; talk with your doctor about am.
CYP2E1	Cytochrome P450 2E1 - dis enzyme dey metabolize alkohol for di liver; e don produce reactive oxygen species.	Several polymorphisms (rs2031920, rs3813867).	High CYP2E1 inducibility fit increase oxidative stress wey dey come from alcohol metabolism – dis go make liver damage and inflammation for brain worse. N-acetyl cysteine (NAC) and antioxidant support (glutathione precursors, alpha-lipoic acid) very important for dis kind situation.
CYP2C19 / CYP2D6	Metabolizm wey dey happen to many drugs wey people use for alcohol recovery.	Slow metabolism gene variants or fast metabolism gene variants.	E don affect metabolism of naltrexone (CYP3A4), acamprosate (no dey metabolaize by CYP — na kidney wey dey work), disulfiram, and many psychiatric medications wey dem use treat people wey get multiple problems. People wey body no metabolaize drug well go get high level of di drugs for dia system; people wey body metabolaize drug too fast fit no get enough effect. Dis one very important for make sure say people dey take correct dosage of medicine.

Fenotaypin without test result.

Dis compendium dey get tools wey fit use to identify people, and dem useful for dis place. Asks yourself:

- Alcohol don dey calm you? E dey reduce di stress, quiet your mind, and make socializing easy? If so, e likely say yu get Sage COMT (Met/Met) genotype plus GABRA2 wey dey high risk. Di main tin wey yu need to fix for your recovery na anxiety.
- Alcohol don mek yu feel lively, sociable, sure of yourself, and full of energy? Dis fit be social-reward pattern, maybe because of OPRM1 A118G plus likely Warrior COMT. Na important say we focus on how to boost di endorphin system and dopamine.
- Whether your family get history of problem with alcohol, wey don dey for many generation? E possible say na because of lack of DRD2 or different GABRA2 genes. Problem wit alcohol addiction (RDS) fit be important factor.

- Alcohol fit kause yu mo physical discomfort (like flushing, quick heartbeat) pass as otas dey experience. Dis one fit be because yu get fast version of ADH1B gene or ALDH2 gene. Na important say yu take care of your liver well-well.
- Antidepressant medicine no dey work well for yu? Folate supplement don help? Na likely say MTHFR dey involved. Start take 5-MTHF now, now.

Section 3 — Di Detox Protocol.

⚠ RIDE DIS PART BIFOR YOU DO ANYTHING ODA, IF YOU DEY DRINK SOMETHING NOW.

3.1 — Medikal Detoks: Wen e dey important.

THE CENTURION – Di line wey you no fit cross without medical help.

Alcohol withdrawal na only common drug withdrawal wey dis kain tins fit happen, don dey record, and dey happun without any warning: anxiety → tremor → agitation → seizure → delirium tremens → death. Dis sequence fit start for 6-48 hours afta di last drink for person wey body depend on alcohol.

Medical detoxification na something wey dey important – e no be just suggestion, but a requirement – if you fit into any of dis kain things:

- You dey drink everyday, and you don dey do am for more dan 2-3 wik.
- If you dey feel any physical signs wey dey show say you dey withdraw from alcohol betwixt di time wey you drink and when you next go drink, like shakings, sweating, fast heartbeat, feeling sick, or worry wey alcohol fit reduce:
- You don dey get seizure when you dey stop drink?
- You don don experience delirium tremens bifor – wetin dey cause confussion, hallucinations, fever, and serious shakings.
- You dey use benzodiazepine or anoda drugs wey affect GABA – wen you stop dem together, e fit cause big problem.
- You get one GABRA2 gene wey dey high risk – if you sabi dis, tell your people wey dey help you with detoxification.

Wat medical detox look like:

[Information about medical detoxification process]

* **Medical detox na proses wey dey involve di supervision of medical professionals as you stop using drugs or alcohol.**
* **Di goal of medical detox na to safely manage withdrawal symptoms and prevent complications.**
* **During medical detox, you go receive medications to help reduce discomfort and cravings.**
* **You go also get counseling and support to help you cope with di challenges of withdrawal.**

[Benefits of medical detox]

* **Medical detox can help you avoid serious health problems dat fit kom from stopping drugs or alcohol on your own.**
* **It kan give you di best chance of successful recovery.**
* **You go receive di care and support wey you need to get betta.**

[What to expect during medical detox]

* **You go be monitored closely by medical professionals.**
* **You go receive medications as needed.**
* **You go participate in individual and group therapy sessions.**
* **You go learn about addiction and recovery.**

[How long does medical detox last?]

* **Di length of medical detox depends on di substance you were using, how much you were using, and your overall health.**
* **Most medical detox programs last from 3 to 7 days.**

[What happens after medical detox?]

* **After medical detox, you go need to continue with treatment to maintain your sobriety.**
* **Dis kan include individual therapy, group therapy, medication-assisted treatment, and support groups.**

If you or someone you know is struggling wit addiction, please seek help. Medical detox na di first step towards recovery.

[Resources]

* **findahelpline.com**
* **Your doctor**
* **A local addiction treatment center**

Outpatient detoxification: Dis one dey good for people wey get small-to-medium level of body dependance, and dem don get safe place to stay, plus dem go see doctor every day. Dem fit give benzodiazepine (like diazepam or chlordiazepoxide) to prevent seizures while di brain dey adjust.

Inpatient detox: Na im dey important for pesin wey get serious addiction problem, don get seizure before, get GABRA2 risk profile, get other medical problems, or no get safe place to stay. E go last from 3-7 days wit constant watch.

CIWA protocol: Klinikal Institut Withdrawal Assessment for Alkohol — na dis dey be di standard tool wey medical team dey use check how bad wetin person dey experience when dem dey stop drink, and how to manage am. Ask your detox team about am. If you sabi wetin e mean, e go help you explain how you dey feel well-well.

⚠ NO USE SUPPLEMENTS TO REPLACE MEDICAL TREATMENT FOR BODY WEY DEY DEPEND ON DRUGS. SUPPLEMENTS NO FIT STOP WITHDRAWAL SEIZURE.

Dis suplement and peptide protocol wey dey for dis guide don start afta person don stabiliz medically – e no be say e replace am. If you no get physical dependancy, or if you don finish di medical detoxification, di biological reconstruction framework wey dey below go apply fully.

3.2 — Di Time Table For Withdrawals: After Medical Supervision of Detox.

THE CENTURION — Wetin Dey Move Inside di Brain.

Timeline.	Biology.	Symptoms.	Wat to du.
Hours 6-24 (if no medical person dey watch you - find help).	GABA system dey fail as alcohol don finish work, but glutamate system dey work too much and no get control.	Shaking, sweat, worry, fast heartbeat, feeling sick, no fit sleep.	DIS NA MEDICAL SECTION. Kpɔl doktor, go urgent care, or kpɔl Emergency: Emergency: 112. No try manage dis tin yourself if you dey depend on am physically.
Hours 24-72 (dis na when di medical risk dey highest).	GABA-glutamate imbalance dey reach maximum level; cortisol don rise up well-well; autonomic	Sirius anxiety, confussion, posibol halusinashons, riski of seyza.	Medical supervision dey important for people wey don get used to drugs. If dem dey under medical care, go use benzodiazepine

	nervous system no dey work proper.		protocol to manage di problem wey GABA cause. Start give big dose of vitamin B1 (thiamine) quick-quick — na urgent matter to prevent Wernicke's syndrome.
Days 3-7 (stabilizasyon).	Akut medikal risk don pass; GABA system dey start komot bak; glutamate dey calm things down; but serious neurokemikal instability still dey.	Sef dey tire pass normal, feelin wey no good, sleep no komot well, depresion, brain no dey work proper, don get strong desire for someting.	Start di supplements wey you dey take (Section 4). Make sure say sleep na your top priority – di brain wey dey recover need am plenty. Start di food plan – di body wey don tire need things to build itself back up. No fight against di tiredness.
Wiks 1-4 (Di Time We Dey Build Again).	GABA receptor wey dey work don dey komot bak again; di kain tins wey dey cause problem, dem dey normalise; dopamin and serotonin system don start to fix demself; liver don start to dey work well again.	Intermittent anxiety, depresion, problem wey dey make person no fit sleep well, mood wey dey change quick-quick, cravings wey kam for burst and go instead of dey constant.	Full supplement protocol dey run. Exercise don start – BDNF na di sign wey show say body dey repair. PAWS episodes fit happen – see Section 3.3. Start di process of follow di instructions (Section 7).
Months 1–6	Significant GABA receptor recovery don happen. Serotonin and dopamine dey reconstruct again. Liver go heal if person don stop drink. Brain size start dey increase (alcohol cause brain tissue loss wey fit reverse when person no dey drink).	Dey dey get betta gradually, but sometimes e still hard. Brain dey clear small-small again; feelings don dey come back; sleep dey normal now; body dey well-well.	Dis na when sober living start dey feel like sometin, no just be say you no dey take anytin again. Brain dey rebuild itself, and you fit see am for MRI scans. Di work wey you do now go determine how good di next ten years go be.
Months 6-24+.	Brain size don recover well-well; di GABA and glutamate system don normal again; dopamine and serotonin levels don return to normal; liver dey okay for	Normal level of emotion control, thinking ability, and happiness; cravings dey mostly linked to specific situations; e easy to enjoy life without drugs.	Brain wey don recover afta 12-24 months of no drink show say di grey matter wey dey lost because of too much drinking don komot small. Dis na one of di strong evidence we get say person need to stay sober.

	many people, especially those wey no get cirrhosis.		

3.3 — Post-Acute Withdrawal Syndrome for People Wey Dey Recover from Alcohol Addiction.

⚠ DIS EPISODS WE DEY TALK ABOUT, DEM fit last up to 2 years. Dis no be relapse. Na wetin dey happen inside brain.

Post-acute withdrawal syndrome wey dey happen afta alcohol recovery na serious matter and e fit last long. GABA and glutamate systems wey don dey imbalanced for a long time no just go back to normal and remain dat way — dem dey change up and down during di recovery period, and dis cause episodes of anxiety, depression, insomnia, and craving wey fit look like di early stages of withdrawal.

PAWS dey mostly cause by: stress, bad sleep, sickness, sorrow, quarrel, food wey get plenty sugar, caffeine, and see things wey remind person of alcohol. Di GABRA2 gene wey make person get high risk for PAWS go cause am to be more serious and last longer.

Wen PAWS episode don start: go back to Protocol 01 (Shelter) wey dey for di main Compendium. Increase magnesium. Call people wey dey support you. No see dis episode as say recovery no dey work. Na your nervous system dey adjust, e no dey fail.

Section 4 — Biological Reconstruction

Dis section dey talk about how we go fix five tins wey alcohol don spoil for body: GABA/glutamate balance, dopamine, serotonin, di opioid/endorphin system, and di methylation foundation wey be di base of all neurotransmitter production. Dis no be one ting wey we go do after another; we go address dem at di same time, but wetin dey important go depend on your own body makeup and how you dey feel now.

Discuss wit your doktor or farmasis bifor you start dis, espesially because of di problem wey alcohol dey cause for liver. Some supplements no good if yu get problem with your liver.

4.1 — Di Emergency Nutritional Replenishment.

THE CENTURION – Dem starv di body, but dem still dey drink.

Heavy and constant alcohol use go cause one special kind of problem wey concern nutrition, and dis need to dey fix before any other ting for di recovery supplement plan fit work well. Di brain wey don lose nutrients no fit make neurotransmitters without di tins wey dem dey use to make am. And di tins wey dey use to make am no fit change into anything if dem no get di correct materials. But di materials wey dey needed don spoil because of years of drinking.

Nutrient.	No content provided.	Target dose.	Wey dis spesifik nutrient dey important for alkohol recovery?
Tiamin (Vitamin B1).	CRITICAL - Day 1	100-500mg dey take everyday.	Wernicke's encephalopathy prevention: Alcohol dey block di body from absorbing vitamin B1 (thiamine). If you no get enough, e fit cause permanent damage to your brain and nerves. If you dey confuse, get memory problems, or your eyes no dey move well, you need urgent medical help with high dose of vitamin B1 through injection — go to hospital quick. For all oda people: Vitamin B1 na di most important supplement wey you suppose take for Day 1 of recovery.
Magnesium glycinate.	CRITICAL — Day 1	400-600mg wey dey inside, everyday.	Alcohol fit kpai magnesium wey dey inside your body. Lack of magnesium go make seizures worse, increase risk of heart problem, anxiety, and inability to sleep well – all dis don dey happen already when you dey recover from

			alcohol. Glycinate form na im best for absorption and how e affect brain. Divide di dosage into morning and evening.
B-Complex (full methylated).	High - Dey 1	Kompleet B-kompleks wit methylated forma.	Alcohol dey drain all di B-vitamins: B1, B2, B3, B5, B6, B9, and B12. Use one B-complex wey get methylated forms (methylcobalamin, methylfolate) — no use cyanocobalamin or folic acid. Di system wey dey do methylation don tire, so e no fit convert di inactive forms.
5-MTHF (L-methylfolate)	High - Dey 1	400-1000 mcg dey take everyday.	Alakohol dey drain folate from your body, and ordinary folic acid no fit solve di problem of MTHFR gene wey affect how your body use things. 5-MTHF bypass di MTHFR enzyme completely and give you active folate direct to where dem dey make neurotransmitters. Many times, e go show say your mood don change for 1–2 weeks.
Zinc	High - Dey 1	25-30mg everyday, take wit food.	Alcohol dey consistently reduce zinc level for body. Zinc important for GABA receptor work, dopamine production, immune system, and wound healing. When person dey recover from alcohol problem, all dis things dey need attention at di same time. Zinc na di mineral wey go help make dis different parts of the body repair well-well.
Vitamin D3 + K2	High - Week 1	3000-5000 IU of Vitamin D3 plus 100 mcg of Vitamin K2 everyday.	Pipo wey dey drink plenty alcohol usually don lack Vitamin D. Vitamin D3 dey regulate how genes work, mood, immune system, and GABA production. Vitamin K2 sure say di calcium wey Vitamin D3 bring out go enter bone, no be artery. Take am with food wey get fat so dat e fit absorb well.
Vitamin C	Moderate - Week 1	500-2000mg dey take everyday, divide am.	Dis na strong antioxidant wey fit help reduce di bad effects wey alcohol withdrawal dey cause. E also dey support di production of kolagen (alcohol don damage skin, intestine lining, and tissues wey hold body together), immune system, and dopamine production (e be important for dopamine beta-

			hydroxylase).
Protein wey dey help body, and amino acids.	High - Dey 1	0.8–1 gram per pound body weight everyday.	Alcohol dey suppress apetite and e get empty calories wey no dey give body anytin important, but instead, e take space wey protein for fit enter. If di body no get enough amino acids, e no go fit make neurotransmitters, even if e get all di otas things wey e need. Protein na di main tin wey body use. Try to eat 30-50g of protein for each meal. Examples: eggs, fish, chicken, Greek yogurt, legumes. If you dey feel like you no dey hungry, protein shakes fit help.

4.2 — GABA Sisteem Restorashon.

THE CENTURION – We dey rebuild di brake system wey don been borrow for many years.

GABA sistem no dey repair itself by taking supplements, like how dopamine sistem fit get small help from some things wey go boost am. GABA receptor dey change structure as person stop using certain things and give time. Wetin supplements fit do na to support di conditions wey make dis change happen safe and well.

S supplément / aporo.	Dose.	Timing.	Ròl for GABA ríkavri.
Magnesium glycinate (magnesium glycinate).	300-400mg wey dey inside.	Mornin' and evenin'.	Magnesium na di mos important supplement wey dey help GABA. Magnesium don block NMDA — e reduce glutamate wey dey cause damage, and e also dey need for GABA production, plus e support GABA-A receptor work. E solve di problem of imbalance between GABA and glutamate from two sides at di same time. No get any oda single supplement wey better pass am for people wey dey experience alcohol withdrawal.
L-Theanine	200-400mg	Okay, I understand. Just paste the text you want me to translate	E don increas GABA and glycine; e dey promote alpha-brainwave state. No dey make person sleep. No dey cause dependance. E give

		into Nigerian Pidgin. I will follow all the rules and guidelines you provided.	true calmness wey no go lead to addiction, dis important for people wey dey recover from alcohol problem, because using benzodiazepines fit cause relapse. Benzodiazepines na one trap wey pipo fit enter when dem dey try stop drinking.
Taurin.	500-2000mg dey take everyday.	Wit meals.	Taurine na one kain amino acid wey dey like GABA, and e don work for GABA-A receptors. Alcohol fit reduce taurine well-well. Dem don study taurine wey dem give people wey dey recover from alcohol addiction, and e don show say e go help reduce anxiety and protect the liver. Na one supplement wey get two benefits: e calm nerves AND e protect the liver.
Inositol.	2-12g dey everyday (increase dose gradually).	Divide di dose wit food.	E dey regulate how GABA and serotonin receptors work. Inositol wey dem use plenty of dose don show say e fit help with anxiety and OCD – two things wey dey common for people wey dey recover from alcohol addiction. E also support di way insulin dey work, which alcohol fit disrupt because of how e affect blood sugar.
GABA (direkt suplement).	250–750mg	Good evening.	GABA itself fit no dey cross di blood-brain barrier well. But, GABA receptors wey dey for other parts of the body and GABA activity for belly go help calm person, and some people don use am to treat anxiety. Phenibut (wey be GABA derivative) NO good — e get addictive properties and e go replace one kind addiction with anoda.
Lemon balm extract (Melissa officinalis).	300-600mg standardiz.	Good evening.	GABA transaminase inhibitor: dis one slow down di way GABA dey break down, so e increase how much GABA wey dey available. E get small effect to reduce

			anxiety. Na one of di safer herbal options wey fit support GABA, and no go cause addiction. E good to use for weeks 2-8 when anxiety be di main problem.

4.3 — Serotonin and Dopamine Reconstruction.

Afta di problem wey dey cause nutritional crisis don solve, and GABA system dey get support, den serotonin and dopamine reconstruction go become di main biological tins we need to focus on. Dis systems don spoil for long time because of alcohol, and na dem be di reason why people dey feel sad, no joy, and lack motivation, which fit make dem fall back into drinking again.

Supplement.	**Dose.**	**Timing.**	**Alcohol-specific notes:** * **If you dey drink alcohol, try to reduce how much you dey take.** * **Avoid alcohol if e be possible.** * **If you wan stop drinking, get help from doctor or counsellor.** * **Naloxone no go work for alcohol poisoning. If person don drink too much alcohol and dey in danger, call for medical help. Medical help is not failure.** * **Alcohol fit interact wit some medications like COMT. Talk to your doctor if you dey take any medication.**
5-HTP (serotonin prekursor).	50–200mg	Evening - 30 minutes bifor you sleep.	Serotonin dey go down because of too much alcohol use. 5-HTP na di direct tin wey e fit help. Start with 50mg — if you no get problem, you fit increase am. No take dis wit SSRIs or SNRIs unless doctor tell you to (na because of risk of serotonin syndrome). If taking am for morning make your mood dey high too much and cause anxiety, no take am. Taking am for night go

			help turn serotonin to melatonin wey go help you sleep.
L-Triptofan.	500-2000mg	Good evening, no dey eat protein food.	One otida way fit replace 5-HTP, or dey work alongside am — e slow to take effect because e need extra step before e go work. E fit cause less side effects for people wey body dey sensitive. You fit try combine tryptophan and 5-HTP, but use small dose of each, if you find say one of dem alone too strong.
L-Tyrosine / NALT	500-1500mg	Good morning, no dey take protein today.	Dopamin prekursor. E dey help wit anhedonia (lack of joy) and lack of motivation wey dey happen when person dey recover from alcohol — especially for people wey get "Warrior" COMT or DRD2-deficit, where e important say dem get enough dopamine. Start use am afta Day 7, when the serious part don settle. No use dis with MAOIs.
You no dey alone. Call one trusted friend or family member. Dis activity go help everybody for group feel safe and connect well-well. Step 1: Make everybody sit for circle. Step 2: Each person go talk one word.	400-800mg	Mornin', far away from food.	Universal methyl donor - e don support dopamin and serotonin production, plus di pathways wey dey process dem. Dem don find say people wey dey recover from alcohol problem fit get depression. CAUTION: no use if you get bipolar disorder; e fit cause mania. Check say dis thing no go affect any medicine wey you dey take. Start with small dose.
Rhodiola rosea	300-600mg	Good morning.	Dopamin wey dey regulate, an serotonin wey dey regulate; adaptogen; anti-fatigue. E get small antidepressant effect, and di evidence strong. E dey useful especially for week 2 to 8, when motivation and energy don low, but di other things alone no fit do am. No take

			dis tin late for day — e go make you active.

4.4 — Protokol wey dey support di liver.

THE CENTURION – Di organ wey process everyting must now heal.

⚠ If you get liver problem wey don dey, like cirrhosis, or your liver test result high pass normal, talk to your doctor before you start take any medicine. Some medicines fit damage di liver even if dem safe for people wey liver dey work fine.

Supplement.	Dose.	Timing.	Role wey dey specific to di liver.
NAC (N-Acetyl Cysteine).	600-1200mg two times every day.	Mornin' and evenin' wit food.	Glutathione prekursor – NAC don replenish glutathione, wey be di main antioxidant wey dey for liver, and e help detoxify. Alcohol go reduce glutathione for liver pass normal. NAC na one of di supplements wey get plenty evidence say e protect liver, and e also reduce di desire to take alcohol by balancing glutamate. E get two benefits wey important.
Milk thistle (silymarin)	140–420mg standard dosage (containin 70–80% silymarin).	Wit meals.	Dis na di botanical wey don study pass for protect liver. Silymarin get anti-inflammatory, antioxidant, and antifibrotic effects for di liver — dis dey important for alcoholic liver disease for every stage, except end-stage cirrhosis. E no cause much problem. Na one of di few supplements wey evidence strong say e fit help with liver damage from alcohol.
Alpha-lipoic acid (ALA).	300-600mg dey take everyday.	Away from food, make body fit absorb am well-well.	Water and fat dey dissolve am – e fit reach places weh oda antioxidants no fit reach. E go regenerate glutathione, Vitamin C, and Vitamin E at di same time. E reduce di bad effects of acetaldehyde. Dis one very important for people wey get ALDH2 variant,

			because dem dey accumulate too much acetaldehyde.
TUDCA (tauroursodeoxycholic acid)	250-500mg dey take everyday.	With food.	Dis na one kind substance wey dey protect di liver well-well. E reduce stress for di endoplasmic reticulum and problem wey dey happen inside mitochondria for liver cells. Dem don see some new things about how e fit help people wey get liver problems because of too much alcohol. E cost, but na good thing to tink about if your liver dey serious trouble.
Fosfatidilkolin.	1-2g dey everyday.	With food.	Dis na important fosfolipid wey dey help maintain di structure of di liver cells. Alcohol fit disrupt how phosphatidylcholine dey form for di liver. Taking supplement go help rebuild di membrane, make bile flow well, and support di overall function of di liver cells. E don get choline too, wey dey important for making acetylcholine — dis one dey help with brain recovery.

4. 5 — Di Craving Interrupt Protocol.

THE CENTURION – Alcohol cravings no be just requests. Dem na neurological events.

Alcohol cravings for people wey dey recover dey work through at list tiri different ways wey involve brain — GABA deficiency craving (wey cause anxiety), dopamine deficiency craving (wey make person look for enjoyment), and opioid/endorphin deficiency craving (wey cause pain and longing for connection). If you sabi wetin dey cause di craving, e go help you know how to handle am.

Craving tipe.	How e dey feel.	Okay, I understand. Just give me the text you want translated into Nigerian Pidgin. I will follow all the rules and instructions you provided.
GABA deficiency wey dey cause	Anxiety dey cause am. Nervus sistem dey send alarm. Alkohol	4-7-8 bret: Dis dey aktivate di vagus nerve and e go give you

strong cravings (dis na di mos common tin wey happen when person dey recover from alcohol addiction).	go quiet di alarm. Di craving na nervus sistem dey beg for di tin wey fit silence di alarm pass all oda tins.	GABA relief wey you fit see. L-theanine 200mg. Put cold water for your face and wrist — dis go aktivate di "dive reflex" and make your parasympathetic system work fast. Tek magnesium if you don tek am today.
Dopamin deficiency wey dey cause strong cravings.	Flat, grey, and no joy. Di world get no colour. Tings wey suppose make person happy, dey nor do am. Di desire na di brain dey beg for sometin to keep am active.	High-intensity exercise na di quickest way to get dopamine wey dey work. Take cold bath (shower or dive into cold water). Talk to somebody wey you like well, person wey make you feel happy. Do di ting wey go give you joy pass from your own natural ways of getting happiness (Section 6).
Opioid/endorphin krayv.	Feeling lonely. Feeling too much emotion. Wan connect wit people or find comfort, but e dey seem like say na impossible. People fit mistakenly tinks say you wan drink alcohol, but na just say you dey crave di feeling of happiness and belonging wey alcohol dey give.	Human kontakt – if possible, touch body (hug, handshake), but at least hear voice. No isolate yourself because of dis craving. Exercise also dey release endorphins. Laugh. Any activity wey go make genuine oxytocin and endorphin co-release: play wit pet, touch person wey safe, do vigorous movement wit another person.

DI 5-MINITS CRAVING INTERRUPT — DO AM STEP BY STEP.

1. Loneliness-based.
2. DO di 4-7-8 bret. Do am four times. No dey skip anytin. Dis na di beta way to start, no matter wetin you dey crave for.
3. TAKE DI APPROPRIATE SUPPLEMENT: Magnesium + L-theanine go help if you dey crave GABA. L-tyrosine or Rhodiola go help if you dey crave dopamine (but only if na morning and you don't take dem before). Dem no replace step 1–2; dem just support wet your body dey do already.
4. Craving circuit need di environment wey dey trigam am. Change where you dey, change wetin you see, go outside.
5. MAKE KONTAKT. Send one text message or make one phone call. No be to dey talk about di desire for drink – na just to connect wit person. Isolation na di place wey alcohol cravings dey strong pass.
6. IMPLEMENT NATURALLY DI BENEFIT. From sekshen 6. Wetin dey strong pass and dey readily available. You dey practice how to change direction – no be just resist, but replace am.

7. DOCUMENT. Trigger, tipe, intensiti (0–10), aksion, resault. Di dokumented kraying na data. Data dey turn to power.

4.6 — Peptide Support Layer

Dis peptides get important work wey dem do for body, like make GABA system recover, reduce inflamation for brain, and fix liver. Research on dis things – you need talk to doctor before use am.

Peptide.	Mechanism for alcohol recovery.	Timing.	Okay, I understand. Just give me the text you want translated into Nigerian Pidgin. I will follow all the rules you've outlined.
BPC-157	Repair of di gut-brain connection; brain plasticity; control of dopamin and serotonin; reduce inflammation; direct protection for di liver, according to research.	Day 1 and dey continue every day.	BPC-157 na di pesh pes peptide wey dey help people wey dey recover from alcohol problem because e don tackle three major things wey alcohol damage: di gut (leaky gut), dopamine and serotonin systems, and di liver. Taking am by mouth na good way, and maybe better for healing di gut. Di way BPC-157 go repair di connection between di gut and brain fit be di most important thing wey e dey do to help people recover from alcohol problem.
Selank	GABA and serotonin dey work together; e no cause addiction; e reduce anxiety without make you sleep.	Wiks 1–8 – use as need be for anxiety; everyday if you dey crave for GABA.	Selank dey very important for people wey dey recover from alcohol problem, because di anxiety wey come from lack of GABA na wetin dey cause strong cravings and high risk of falling back. Selank go solve dis problem without di risk of addiction like benzodiazepines. E no make person sleep too much, and e no dey cause addiction. Na for nose dem take am.
Epitalon	Slep architektur; pinal patway; telomer protekshon; sikadian ritm normalizayshon.	Wiks 1–4 – 10-dey sikl, den as dey need am.	Disruption of sleep dey continue for weeks or months when person dey recover from alcohol addiction. Epitalon go help di part of brain wey alcohol don

			damage, and e also protect cells against damage wey dey happen when body dey try to heal fast.
Thymosin Beta-4 (TB-500)	Anti-infalamashon; tissue repair; reduce liver fibrosis for di research wey dem do.	Months 1-3, if di liver dey affect pass normal.	For people wey get problem with dia liver because of alcohol and dem don develop fibrosis, TB-500 don show say e fit reduce di damage for research. Dis one na something doctor go sabi handle well, because liver disease dey complex. E no be di first thing to try, but important make you talk about am wit your doctor wey dey manage your liver recovery.
Semax	BDNF wey don increase; brain dey fix itself; e dey help di front part of di brain; e dey control dopamin and serotonin.	Wiks 2 and beyond.	Alcohol dey cause small changes wey you fit see for brain, and e go make di front part of your brain thin. Semax don help stimulate BDNF, and dis one dey support di way your brain dey repair itself when you stop drink. E get plenty benefit, especially for di confusion and lack of motivation wey people dey experience for months 1-3.

Section 5 — Rebuildin Slep.

THE CENTURION – Alkohol no help you sleep. E just make you dey calm. Dis two tins different.

One of di mos common and most dangerous tins wey people believe about alcohol problem na say alcohol dey help person sleep. Alcohol go make person feel sleepy quick-quick, but e no be true sleep. E no allow proper sleep. E suppress REM sleep almost completely, e scatter di way sleep suppose be, e reduce deep sleep, and e cause insomnia (dey hard to sleep) for di second half of di night as alcohol dey break down inside body.

Di resoult na say afta many years of 'drink to sleep', di brain no don experience true sleep wey dey give rest, while person dey drink. And now, for early recovery, e go hard to sleep at all because di sedation mechanism don disappear, and di brain don forget how to initiate natural sleep after many years.

Re-establish sleep for people wey dey recover from alcohol addiction na one of di mos' important tins, but many no sabi am. Insomnia (di inability to sleep well) be di main reason why some pipo go back to drink early. But, e get ways we fit help dem sleep better with supplements and behavioral methods wey I go talk about below.

- Melatonin (0.5–1mg, put under tongue, 30–60 minutes before you want to sleep) — small dosage dey work better pass big dosage; big dosages fit spoil your body clock.
- Magnesium glycinate (300-400mg, take am one hour bifor you go sleep) - e dey help GABA, e reduce di bad effect of glutamate, and e lower body temperature.
- Glycine (3–5g, take am 30 minutes before you go sleep) – e dey reduce di temperatur of your body wey be di main tin wey dey make person sleep; e get as well NMDA co-agonist wey help for GABA-glutamate rebalancing.
- L-Theanine (200–400mg for night time) – e go promote alpha waves, and e go reduce di tension wey dey make person no fit sleep.
- 5-HTP (50–100mg for night time) – na tin wey dey turn to serotonin, and e go help body produce melatonin. E fit improve your mood and make you sleep well at di same time.
- Phosphatidylserine (100-200mg for night time) - e go reduce di amount of cortisol wey dey for body for night. Di problem with di HPA system, wey be say na im control how your body react to stress, if you drink alcohol too much, e fit make di level of cortisol high and make am hard for you to sleep.

Also execute Protocol 17 (Sleep Architecture) from the main Compendium in full. The alcohol recovery additions: avoid all alcohol including cooking alcohol and mouthwash with alcohol — even trace amounts activate the reward circuit and disrupt sleep architecture in early recovery. The vivid dreams of early recovery are REM rebound — they are healing, not symptoms to suppress.

Section 6 — Transferring di Addiction: Find your own GABA.

THE CENTURION — Centurian Paper C-28, wey dey use for alcohol recovery.

Alakole fit kaze tori body for different ways dependin on how, wen, and weti make yu drink am. Every one of dis effects dey need to get betta way wey no go kost yu everytin.

Wat alcohol dey provide actually.

Di fankshen.	Di nyurokhemistri.	Di natural replacement architecture.
Relief from anxiety / make your nerves calm down.	GABA dey work well-well, but alcohol don silence di alarm wey no fit stop. For people wey get "Sage" condition and dey always under pressure, dis na di biggest way to find relief.	Breathe well (every day, no dey negotiate am). Meditashon – di ting wey make you tink deep, e build internal GABA system, instead of depend on outside help. Cold water (e go bring calm afta stress). Go outside. Take magnesium. Dis na something wey you must do every day and for your whole life – no be just when you dey face problem.
Soshal comfort and connection.	Endorphin dey komot, plus say people no dey shy again. Alkohol break di wall wey dey make person feel shy, and e bring warm feelings, openness, and di feeling say you belong.	Di goal na no be say you wan dey feel like when alcohol don make you lose inhibitions. Na to build genuine connection wey no need dat kain tin. Twelve-step communities, small groups, sober social communities. Physical contact (safe and with agreement) go release oxytocin. To serve — help other people — e go produce endorphins and make you feel say you belong at di same time.
Plejure and rewɔd.	Dopamin and opioid sistem don dey work. Drink alcohol fit make pesin feel gud, espesially for di begining. Dis na true tory. Na wetin happen na, e be neurokemikal reaction.	Dem don build many ways to get dopamin, like: * Vigorous exercise. * Creative mastery. * Competitive activity. * Achievement wey involve other people. No single one of dis things fit give you di same feeling as

		alcohol — na why e important say you get multiple ways to get dopamin, and no just one.
Transition ritual and permission to rest.	Di drink afta wok no dey mainly about farmakoloji. E dey about one signal: di day don end, you fit rest, and your waka go stop.	Dis activity na one special time and place, but di tin we dey do go change. We go get one drink wey no contain alcohol (like sparkling water, herbal tea, or non-alcoholic cocktail). Afta dat, we go do small ceremony to show say we don enter a new stage. Di brain need di signal, but e no need di alcohol wey dey for di signal.

Di Natyural GABA Arkitektcha for Alkohol Rikovri.

THE CENTURION — We dey build di internal brake system wey di drug don dey run wit.

Di Sage constitution's recovery – and alcohol recovery na mostly, but no exclusively, Sage story – dey involve build up one life wey go give enough calm for di nervous system, through things you do yourself. Dis one no mean say you must stop all kind of activity. Na about building strong internal system wey fit regulate your body well-well, and wey no need any substance to work.

- One daily meditation wey must take at least 10 minutes. No be just something to choose, but something wey body need. Dis na wetin go build di GABA wey alcohol dey give. See Protocol 04 (Dharma Recovery) for di main book if you want more information.
- Do vigorous aerobic exercise at least 4 times per week. Di BDNF wey dey come from sustained aerobic exercise na di main way brain dey repair itself afta damage by alcohol. Di endorphin wey dey release go help di opioid/endorphin system at di same time. Dis no be lifestyle advice; na di strongest way to recover from alcohol problem wey no involve drugs.
- Dis na one kreyetiv aktiviti wey get deep meaning. Di "flow state" na natural GABA state – when you dey focus well-well on sometin dat dey challenge yu, e go quiet di mind wey dey worry, no be by using medicine, but because yu don put all your attention into am. Writing, music, visual art, cooking, building. Focus on quality, no just quantity.
- Authentic community. No be community wey dey based on show. No be social media community. Na connection wit pipol face-to-face, wey know your real life situation, where you no need dey hide yourself. Di system wey produce endorphin and oxytocin, wey alcohol dey activate, dey respond specifically to dis kind tings. Twelve-step communities provide dis for many people — and Compendium's Protocol 04 and Protocol 08 talk about how to build a good community for recovery generally.

- Exposure to nature, as a planned activity, no be by chance. At least 20 minutes every day. Di nervous system wey dey recover go show say di level of cortisol don normal when person dey for natural environment, but e no dey happen like dat for city or inside house.
- Service na di act of dey help person wey you trust genuinely. Dis one go activate di reward, connection, and meaning circuits at di same time, and e go give you di feeling say you dey useful for di world, which na wetin alcohol dey try do as social lubricant. Many people wey don recover from alcohol addiction for long time don talk say service na di most reliable way dem don find to stay happy and well.

Section 7 — How to Use di Recovery Kernel: Your Guide.

Fez.	Protocols.	Focus on di things wey dey important to you.	Alcohol-specific notes: * Avoid alcohol. * If you drink, do am small. * No drive if you don take alcohol. * Medical help is not failure.
Medical detox (from day 0 to day 7, if you dey depend on di substance physically).	Medical provider — no be di Compendium.	Survival. Prevention of seizures. Medical stabilization.	Dis framework no dey start from hia. Medical detoxification dey start from hia. When you don stabil physically, komot from dis guide and start for di "Biological Foundation" phase.
Biological Foundation (Days 1–14)	Protocol 07, Protocol 09, Protocol 17, Protocol 18	Emergensi nutrisyon, vitamin B1 (thiamine), magnesium, sleep, gut repair.	Thiamine for Day 1. Magnesium for Day 1. Full B-complex for Day 1. Dis one no dey optional. Di system wey don lose things no fit start to recover without di materials wey e need. Protocol 18 (nutrition) and Protocol 09 (gut-brain axis) na di most important protocols for Volume I, wey dey help people wey dey recover from alcohol problem.
Genomik Mapi (Wiks 1-4)	Section 15 (Compendium), Protocol 11, Protocol 12.	GABRA2 asɛsment, OPRM1 fɔr Naloxone guidans, COMT konstitushon, MTHFR.	Di GABRA2 gene wey dey high risk and di OPRM1 A118G na two important things dem find for DNA test wey go help with alcohol recovery — dem direct how medical people go treat person (like checking if person fit get seizure, or whether naltrexone good for am). Make you do di test as early as possible.
GABA System Repair (Wiks 1-12).	Protocol 04, Protocol 01 cravings dey disturb, Section 4.2 of dis guide.	GABA supplement kombinasyon, bretwerk, kontemplative praktis, anxiety arkitèktur.	Unlike di way we dey treat people wey dey recover from using drugs like stimulants or cannabis, GABA system repair na di main tings we need to do for people wey dey recover from alcohol addiction. Dis system don damage pass any oda one, and when e lack, na im dey cause person to go back to drinking again. Every other tings dey depend on dis one.

Behavioral and Environmental Architecture (Wiks 2-12).	Protocol 02, Protocol 05, Protocol 06, Protocol 08, Protocol 13	Addiction transfer prevention, environmental redesign, trigger mapping, social architecture.	Transfer from alcohol to benzodiazepine na di biggest medical problem wey fit happen when person dey try recover. Must read Protocol 02 now-now. Transfer to cannabis too dey happen, especially for people wey dey drink because of anxiety. Tell dem about all di risks before dem start.
Liba and Body Fitness (Months 1-6).	Protocol 07, Protocol 18, liver support stack (Seksiyon 4.4)	Monitoring wey dey check how liver dey work, NAC, silymarin, TUDCA, phosphatidylcholine.	Do di test again for 1 munth, 3 munths, an 6 munths afta you don stop drink. Di liver na one of di organ wey fit regenerate well-well for body — plenty recovery dey possible even if di damage don reach serious level, as long as you no dey take alcohol again. Track am. Celebrate di progress wey you dey make.
Identity and Meaning (Months 2–12).	Protocol 20, Protocol 21, Protocol 23, C-28	Reconstruction of identity, di serious you, plan for purpose.	Alcohol problem dey entangle wit person identity often – "Me na person wey drink." For people wey don dey drink for long time, to stop drinking require say dem build new identity, one wey no get empty space because of alcohol. Protocol 20 (identity reconstruction) very important.
Long Game (Months 6-24+).	Protocol 24, Protocol 25, C-28, C-31	Purpose architecture, relational repair, di addiction don dey work well-well.	Brain wey dey regain size afta one year of no drink or drug fit show on MRI, and e be real change. Person wey promise to stay sober for month 1 fit get brain wey don change well-well – better pass before, and dat one go show – by month 18. Dis na true tory, no be just talk. Na im be di strong reason why person need dey sober, according to science.

Section 8 — Di Medical Suppot Layya.

Alcohol use disorder get di mos strong evidence say e fit treat wit drugs, more pass any oda addiction. Di drugs wey dey below no dey use well-well — studies don show consistently say less dan 10% of people wey get alcohol use disorder and fit benefit from dis drugs, dey receive am. Dis na one big gap for treatment wey dey cause death.

Carry dis part go your doktor. Asks dem direct questions about di tins wey dey here. Di Recovery Kernel system and drugs no dey compete with each other; dem dey meant to work togetha.

FDA-approved medications for alcohol use disorder.

Medyin.	Mekanisim.	Evidence level	Genetik and klinikal tins wey matter.
Naltrexone (dey fit take as tablet or monflee injekshon / Vivitrol).	Opioid risipta antogonist – e blok di endorphin wey dey give pleshia from alkohol, so e go reduce di "desire" and di feeling of joy.	Strong - plenty of well-done studies; don get FDA approval.	OPRM1 A118G carriers dey show better result pass, sometimes up to 3 times betta. If you know say you get dis gene, naltrexone likely na di medicine wey go work best for you. Injection wey dem do every month (Vivitrol) go remove di need for you to take am everyday. The Sinclair Method – taking naltrexone before every time wey you dey drink, so dat di pleasure wey you feel go disappear – na one way wey don prove say e fit reduce harm, especially for people wey no ready to stop drinking completely. Naloxone.
Acamprosate (Campral)	GABA and glutamate modifikeshon—e don reduce di strong effect wey alkohol withdrawal and PAWS dey cause; e don reduce di pain wey person feel when dem stop drink.	Strong - FDA don approve am; e dey work well-well for PAWS.	Dis dey especially important for people wey get GABA-deficit problem (GABRA2 high-risk) and dem wey don experience serious PAWS. E dey clear from di kidney, no dey affect di liver, which na good thing when person dey recover from alcohol because di liver fit dey weak. E no go interfere wit anytin wey you dey use to support your liver. Start take am during or

			immediately afta detox.
Disulfiram (Antabuse)	ALDH2 inhibisyon— e block di way wey acetaldehyde dey clear from body, and dis fit kause soun serious sickness like vomitting, red face, and uncomfortable feelings if person drink alcohol.	Aversion strategy wey dey work well if dem dey watch you to make sure you follow am.	Dis medicine dey work by make person no fit drink alcohol and punish dem severely if dem do am. E dey work well when people dey watch how the person dey take am (like partner, pharmacist, or program organizers). No good for people wey get ALDH2*2 — dem don already get problem with clearing acetaldehyde; disulfiram go make di problem worse. Na only people wey dey serious about stopping drinking fit use am because e go make drinking very dangerous to their health.
GLP-1 agonists (semaglutide, tirzepatide).	Reduce di desire for alcohol by changing how dopamine and di brain's reward system work. Data from 2025-2026 show say e reduce di number of times people dey drink by 50-60%.	Dey dey develop, and we get plenty evidence to show say e dey work. Klinikal trials don dey happen as of 2026.	Di biggest change we don see for medicine wey dey treat alcohol problem for many years. Di way e work seem say e go reduce di desire to take alcohol — dat strong feeling wey make person want am — instead of just reducing di pleasure wey person feel afta drink am. For people wey get alcohol problem and also get other health issues, dis one fit solve both problems at di same time. Talk with your doctor about am.
Gabapentin.	GABA-modulating anticonvulsant - e don reduce wetin dey cause withdrawals, and PAWS; dis one very important for sleep and anxiety.	Moderate - no be for dis purpose, but dey strong evidence say e fit work well for people wey get problem with alcohol.	Dis medicine fit dey useful for PAWS (Post-Acute Withdrawal Syndrome) treatment and sleep for di first 1-3 months. BE CAREFUL: Gabapentin get risk of addiction, especially for people wey don dey struggle with addiction before. Use am for a limited time and make doctor dey watch you. People wey get GABRA2 high-risk profile fit benefit pass, but dem also dey at highest risk of misuse — so monitor dem very well.

A final word.

THE CENTURION – Di system wey choose alcohol no dey bad. E just dey solve one problem, but e do am for wrong way.

Di GABA system wey no fit calm down. Di endorphin system wey no fit produce enof social warmth. Di dopamine system wey no fit find enough joy for everyday life. Di methylation system wey no fit make enof serotonin. Dis na not character flaws. Dem be biological weaknesses — specific, genetic, and dey sabi fix.

Alcohol don solve dis problem before. For many years, maybe even for decades, e don dey solve am. Di solution na true one. But e dey destroy everyting else wey important.

Wet Recovery Kernel dey offer na one different kain solushon — e slow, no be dramatic, e need daily practice, biological support, community, and time. But na solushon wey no cost you di tins alcohol dey cost. E no go reduce your life to just one question: "Wen de next drink go kam?"

Brain wey alcohol don damage fit grow back again. GABA receptors dey recover. Serotonin system dey rebuild itself. Liver dey heal. Relationships wey don spoil because of alcohol fit get betta – no be all of dem, and no be quick-quick, but e go sweet. Cognitive function wey alcohol don affect go return, and sometimes e go pass how e dey before person start drink. Dis na because di tools wey person use for recovery – like deep breathing, good sleep, proper food, exercise, and meditation – dey actively build brain wey strong pass di one wey make pesin start drink.

Recovery Kernel don dey for pipul wey need mapa wey be specific, no just any ordinary mapa. Now, you get di mapa wey focus on alcohol.

De navigashion dey kontinue for di main Compendium. Use am.

— — —

Refer to di Recovery Kernel Complete Centurion Compendium for all protocols wey dey inside.

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ DIS NA INFO ABOUT HOW TO REDUCE DAMAGE, E NO BE MEDICAL ADVICE.